



McConnell Center Fitness Areas

If you haven't seen our new space at the McConnell Center, you should come down and check us out! We have a dance/aerobics studio, a cardiovascular workout room, a fitness room complete with medicine balls and core/stability balls, a room with a Cybex circuit, and a room with free weight equipment. We have daily fees, punch passes, and yearly memberships available to help meet your fitness needs!

As of June 1st: Summer Hours (Fitness facilities):

Monday through Thursday: 7am-8pm

Fridays: 7am-5pm

Saturdays & Sundays: 9am-1pm

Check at our front desk for updated schedules or call (603) 516-6401!

We also have a **basketball court** with open gym times! Gym times change frequently throughout the winter, as our basketball leagues and practices change, so please call for availability! See you on the court!

Summer Open Gym Times (Basketball Court):

Youth Open Gym: Monday - Friday 2-5pm

Adult Open Gym: Mondays - Fridays 11am - 1pm

Men's Open Gym: Mondays/Wednesdays 6-8pm

Women's Open Gym: Tuesdays 6-8pm

Subject to change - please call 516-6401 for availability!!!



McConnell Fitness Center & Basketball Court Rates - as of July 1, 2009

RESIDENT	Daily	Punch Pass (12 visits)	6-Month Membership	Yearly Membership
Adult	\$5.00	\$50.00	\$60.00	\$100.00
Senior	\$3.00	\$30.00	\$35.00	\$65.00
Youth	\$3.00	\$30.00	\$35.00	\$65.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$200.00	\$300.00
Senior	\$6.00	\$60.00	\$100.00	\$150.00
Youth	\$6.00	\$60.00	\$100.00	\$150.00

Adult Fitness Classes! Pilates Matwork/Body Sculpt

We offer adult fitness classes on Tuesdays/Thursdays and Saturdays!

Session dates and costs can be found online at www.ci.dover.nh.us under "Recreation Department" or call 516-6401 for more information!.